

# Important Vitamin A Plants of East Sudan

COMMON NAME

Bird’s eye chillies

SCIENTIFIC NAME

*Capsicum frutescens*

USE

The fruit are used to add spice and flavour to other foods. The leaves are eaten cooked.



KEY NUTRIENTS

energy, protein, vitamin A, vitamin C, iron



COMMON NAME

Sweet potato

SCIENTIFIC NAME

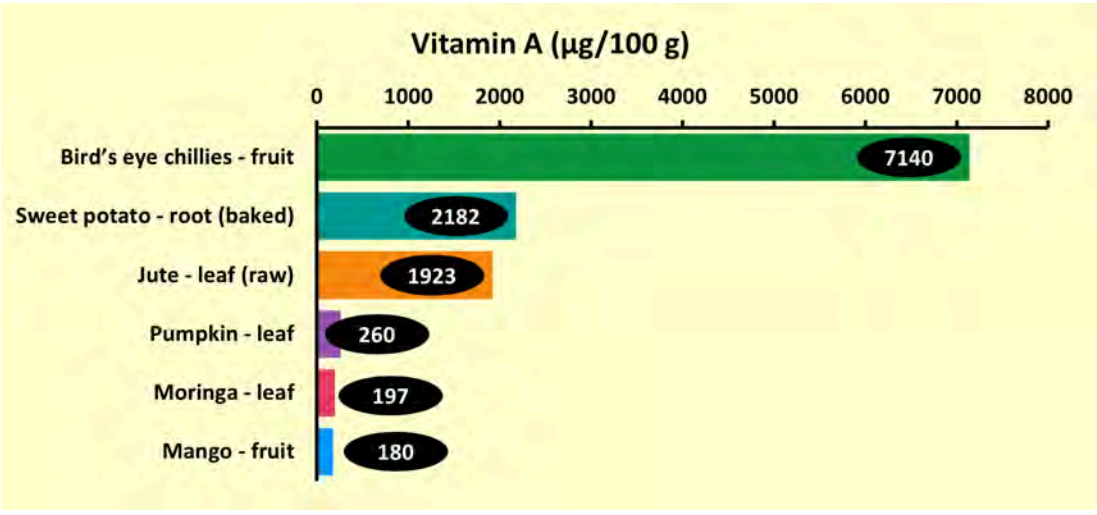
*Ipomoea batatas*

USE

Roots are boiled, baked, fried, steamed, mashed or dried. They can be ground into flour and mixed with wheat flour to make cakes or bread. The young leaves are edible.

KEY NUTRIENTS

energy, protein, vitamin A (in orange-fleshed varieties), vitamin C, iron, zinc



COMMON NAME

Jute

SCIENTIFIC NAME

*Corchorus olitorius*

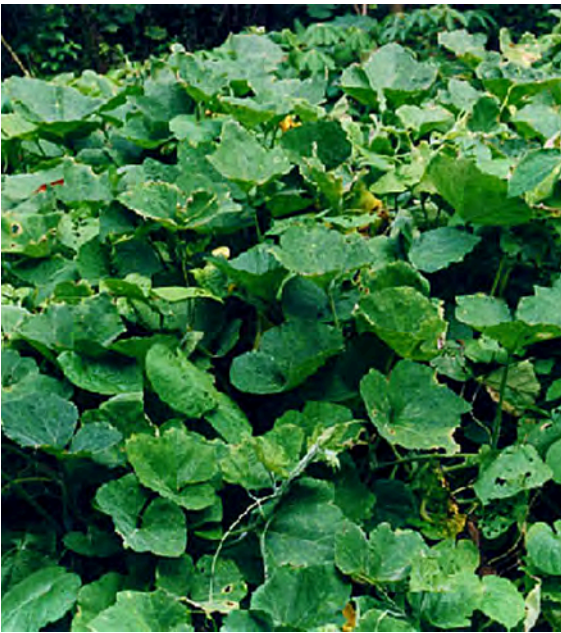
USE

The young leaves and stem tops are eaten raw or cooked. They are also used to make a thick soup. Leaves can be sun dried, pounded to flour, then stored for a significant time.



KEY NUTRIENTS

energy, protein, vitamin A, vitamin C, iron



COMMON NAME

Pumpkin

SCIENTIFIC NAME

*Cucurbita maxima*

USE

The young leaf tips are eaten cooked. They can also be dried and stored. The fruit can be baked, boiled, fried, steamed or mashed.

KEY NUTRIENTS

energy, protein, vitamin A, vitamin C, iron

Vitamin A is very important for eyesight and fighting disease.

COMMON NAME

Moringa

SCIENTIFIC NAME

*Moringa olifera*

USE

The young tops and leaves are as potherbs or in soups and curries. They can be dried and stored.



KEY NUTRIENTS

energy, protein, vitamin A, vitamin C, iron, zinc



COMMON NAME

Mango

SCIENTIFIC NAME

*Mangifera indica*

USE

Ripe fruit are eaten raw. Unripe fruit is pickled. Seeds can be eaten cooked. They are boiled or roasted.

KEY NUTRIENTS

energy, protein, vitamin A, vitamin C, iron, zinc